

# **Scientific Rhythmic Solar Plexus Breathing**

**The Elixir of Youth Vitality,  
Health, Happiness**



**Phoebe Marie Holmes**

SCIENTIFIC RHYTHMIC  
**SOLAR PLEXUS BREATHING**



THE ELIXIR OF YOUTH  
VITALITY, HEALTH, HAPPINESS



BY  
**PHOEBE MARIE HOLMES**



OPPORTUNITY IS NOW CALLING TO YOU  
TO APPLY THIS  
LIFE-TRANSFORMING MESSAGE



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# INTRODUCTORY



**It is your Duty:**

**TO LOOK YOUR BEST!**

**TO ACT YOUR BEST!**

**TO LIVE YOUR BEST!**

Here are fourteen Inspiring and Helpful Lessons giving you the Key to your Treasure Room—to unlock your door to Magic Power. They are the Physical Requirements for Sound Health. The First Rule of Hygiene is Scientific Rhythmic Solar Plexus Breathing as set forth in these Lessons. It puts real life in your body.

Proper Breathing is Nature's own remedy for banishing Catarrh, Lung Trouble, Asthma, Anaemia, Rheumatism, and Constipation, which is the cause of at least 90 percent of the ills of the human body.

Health to-day is by far the most important problem of the human race—and the most interesting.

We should know how to eradicate disease through correct thinking, breathing, eating, and elimination, so as to build strong, healthy bodies.



# SCIENTIFIC RHYTHMIC SOLAR PLEXUS BREATHING

BY

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## WHY WE SHOULD LEARN TO BREATHE CORRECTLY

The Science of Correct Breathing is yet another step toward the attainment of Perfect Health, which if carried out faithfully leads to Abundant Life. Correct breathing is the third stage in the overcoming of disease. Man cannot exist without breathing, for the Breath of Life fills all spaces and is God in manifestation as Ether. This Ether or Prana Force is surcharged with Life-Giving energy and vitalizes into Living Life all external creation.

Christian Psychology teaches that you should inhale with the thought of breathing-in all the finer forces such as health, love, life, wisdom and strength, and that you should exhale with the thought that you are breathing out all that is non-spiritual. When the body is treated as "The Temple of the Spirit Within," the predominating thought when inhaling air should be in-breathing of the Life Force of the Creator.

All humanity is concerned with the problem of finding health, and in carrying out the proper methods of breathing you will be using Nature's remedy for the banishing of illness. Indeed, in Scientific Rhythmic Breathing will be found the Elixir of Youth, or what has been termed Rejuvenation, so that old age can be banished to the regions of worn-out beliefs. For by breathing correctly new life can be put into the whole system, and every cell in the body can be renewed by the vitalizing Power of the Spirit.

Your heritage is perfect health, and it can be achieved NOW by the practice of Solar Plexus Breathing. This is Nature's rhythmic method of clearing out much of the waste products from the physical system. When you inhale deeply, you not only give fresh oxygen to the blood stream but also exhale a greater quantity of carbon dioxide. Thus you stand a surer chance of eliminating waste matter by the purifying action of deep breathing.



When you breathe deeply from the diaphragm outward, filling the lungs slowly to their full capacity, hold strongly to the thought that you are breathing in health, strength, power, according to the attribute that you desire to see expressed. You then become conscious of an added vitality and are filled with renewed energy. If when so breathing you fully realize as well that you are breathing-in Spirit or Breath of Life—that is the Great Creative Force—your whole being thrills in response to this Inner Realization and you feel as though you were **"walking on air."**

It is then that you become a positive center of power, an inspiration to others, and a magnet that can attract only the good. You have surely **"tapped"** the secret of abiding health, and your Spiritual Consciousness unfolds according to the proportions of your realization. You are immeasurably uplifted and become a source of Great Power, a Living Fountain from which will rush forth the waters of Truth and Life—for Life is but a synonym of Health. Then will you find that your Real Self will unfold in all its glorious beauty, even as a flower unfolds beneath the warm rays of the sun.

It is important to understand that the Super-Conscious Mind is chiefly centered in the Lungs and in the Solar Plexus. Thus when you breathe in rhythm with nature you are at the same time imbibing great Spiritual Forces. Nature then reveals to you many hidden secrets, and your power becomes unlimited when so highly exalted, and you become surcharged with vital magnetism that in Itself is Life-Giving Health. You also find that no amount of physical exertion can tire you and that your energy has been magnified a thousandfold.

Many people breathe through the mouth, which is entirely wrong. Always keep the lips closed and breathe through the NOSTRILS, for then the air inhaled permeating inward is warmed before it passes the vocal cords and is purified before it reaches the lungs. Breathing through the mouth often leads to trouble with the tonsils and adenoids. Such inconveniences can be eradicated by learning to breath correctly through the Nostrils.

Should trouble be present regarding the tonsils or the adenoids, on no account resort to an operation; for the tonsils are, as it were, the "little angels" who guard the entrance to the Temple, thus insuring that no foreign substance can effect an entrance. When a child has been operated upon for the removal of its tonsils, it is greatly handicapped during life and becomes listless and dull. The day will eventually dawn

when such operations will be considered illegal, for everyone will seek to preserve the body, which by then will have become a priceless possession.

God breathed into the nostrils of man the Breath of Life and man became a Living Soul. Realizing this Truth, you should breathe with intelligence and with the understanding that you are breathing the pure Spirit Substance that is your very Life.

## **SCIENTIFIC RHYTHMIC SOLAR PLEXUS BREATHING**

Put Real Life in your body through Rhythmic Breathing. Breathe for Health, Happiness, and Success:

To clean the Blood Stream.

To burn up your waste matter.

To give your blood fresh oxygen.

The more air inhaled in a given period, the larger will be the amount of carbon dioxide exhaled.

Health is the rightful heritage of every human being.

It is not a matter of chance or accident over which we have no control.

Perfect health is easily attained and retained. To secure this most blessed condition, all that is necessary is to learn the simple Laws of Health and Proper Breathing, and to practice them in our everyday life. These laws given in these lessons teach us how to think, eat, breathe, and eliminate correctly.

The power and functioning of breath is the most important thing we have; it is the symbol of life itself.

We find the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life, and man became a living soul.—Genesis 2:7.

We have but slight, if any, direct control over the action of the heart and other internal functions; our voluntary hold on life seems to be seated in the lungs, and in our power of breath through the Solar Plexus.

Breath is ours with power to inhale deeply, and by this means we are enabled to strengthen and vitalize every portion of the system. There is a spiritual as well as a mental and physical breath. Man, so to speak, represents the Tree of Life whose roots are in the atmosphere, and able to inbreathe or inhale life in a four-fold sense. We might with profit dwell



upon the power and importance of the breath, not only in its relation to physical health but in its bearing upon mental and spiritual unfoldment and exaltation as well.

### IMPORTANT

When walking while practicing Rhythmic Solar Plexus Breathing, see that you do not over-breathe. Allow plenty of time after each exhalation for resting. Unless you are walking very rapidly, after exhaling walk three steps before again inhaling. Thus at the first step breathe in one sniff breath, breathe two shorter sniff breaths at the second step, forcibly exhale all three breaths at the third step; then walk the fourth, fifth and sixth steps without inhaling. Simply abstain from breathing for three steps. Should three resting steps prove too many, allow but two steps for resting purposes.

Regulate your breathing by the reaction of your lungs; each is a law unto himself. In running, while exercising, rowing, or during strenuous activity you should not rest to any extent. A good deal of energy is being consumed and you require a constant replacement of fresh air and oxygen, so you should inhale and exhale energetically throughout your exercise or activity.

A Rhythmic Sniff is about one-third the volume of an ordinary deep breath. Breathe from the diaphragm without throwing back the head, without lifting chest or shoulders, and without strain or constriction. The right reaction to Rhythmic Breathing is exhilaration and freedom from fatigue. Practise Rhythmic Breathing only when the body is in a state of activity. While sitting or standing, it is unnecessary to use it.

Breathing may be practised while motoring. Sniff gently two breaths, then forcibly exhale both inhalations, resting for five seconds after each exhalation. Breathing this way for ten or fifteen minutes daily will be found invaluable for the correction of tuberculosis.

Tens of thousands of men and women are now regularly practising Rhythmic Solar Plexus Breathing, and marvellous letters of endorsement are constantly being received.

These words correspond to these six steps:

To-day I will be happy, To-day I will be glad,

In ev'ry way I'll make to-day, The best day I have had.

Repeat until you get the rhythm.

# THE BREATHING EXERCISES



(Note: — signifies one long sniff; . . signifies two short sniffs; / signifies exhale.)

**Cleansing Breath** is in out. Repeat ( — /)

**Climbing Breath** is in in out. Repeat. ( — — /)

**Walking Breath** is in in in out. Count 1, 2, 3. Repeat ( — . . /)

**Mental Relaxation**—Breath Natural—Relax mind and body.

**Elastic Sway Breath** is in (long sniff) out. Repeat. ( — /)

**Lung Expansion Breath** is in in in out. Repeat. ( — — — /)

**Three Attitudes of Prayer Breath** is out in in in out in (long sniff) Repeat. ( / — — — / — )

**Spinal Breath** is in in in out. Repeat. ( — — — /)

**Dormant Walking Breath** is in in in out. Repeat. ( — — — /)

**Reducing Breath** is out in in in in in out. Repeat. ( / — — — — — /)

**Constipation Breath** is in in in in in out. Repeat. ( — . . — — /)

**Youth Breath** is in in in out ( — . . /) Rest from breathing while you Count 1, 2, 3. Repeat. Then in in in in in out. Repeat four times. ( — . . — — /)

**Running Breath** is in in out. Repeat rapidly. ( — — /)

**Vitality Breath.** The physical exercises for this breath are given on pages 14-15.



## LESSONS IN SCIENTIFIC RHYTHMIC SOLAR PLEXUS BREATHING

### CLEANSING BREATH

#### Lesson No. 1.

Purify the blood stream daily with fresh, life-giving oxygen.

The breath is **in out in out**. Repeat (— / — /) Breathe one deep sniff, as you raise arms in front to the height of the head. See that the abdomen works out from the navel. The arms will fall of their own weight, if they are thoroughly relaxed. This breath burns up your accumulated waste, and gives your body fresh oxygen. The more air inhaled in a given period, the larger will be the amount of carbon dioxide exhaled.

### CLIMBING BREATH

#### Lesson No. 2.

This method of breathing prevents fatigue when climbing stairs, and enables you to undertake strenuous exercise without shortness of breath.

The breath is **in in out**. Repeat. (— — /)

This is the Lung Purifying breath, which prevents shortness of breath in climbing stairs, hills or mountains. One should inhale a breath on each of two steps, and exhale on the third; and repeat. In this manner one can climb four or five flights of stairs without fatigue.

### WALKING BREATH

#### Lesson No. 3.

Renews wonderful Vitality and Energy, insuring a vigorous body and a clear mind. Develops a Magnetic Personality in both home and business.

The breath is **in in in out** (— . . /) Count 1, 2, 3 as you walk three steps without breathing, and repeat.

### MENTAL RELAXATION

#### Lesson No. 4.

Sleeplessness, worry and nervousness successfully overcome. Giving the mind poise and peace, and the body freedom from tension.

Stand erect, feet 10 inches apart, let go of every muscle.

Bring hands to chest, raise hands with arms outstretched above head, while saying slowly: "I am tranquility."

Clasp hands together very slightly. Lay them on the chest, while saying slowly: "Poise" and with head bowed.

Drop relaxed arms to sides, while saying slowly: "Freedom."

Bend the body forward from the small of the back, and let head and arms dangle. See to it that there is not a particle of tension or rigidity about the body; at the same time that you drop the body say: "Peace." Do this with eyes closed.

All exercises should be done naturally, without tension.

This mental exercise is done without paying attention to the breath, in order to impress words of relaxation upon the subconscious mind. This breath is a positive corrective for insomnia, if practiced several times a day, and before retiring.

## ELASTIC SWAY BREATH

### Lesson No. 5.

For producing perfect elasticity of the body, and for the stimulation of the glands and internal organs.

The breath is in (long sniff) out in out. Repeat. (— / — /) Stand erect, feet 10 inches apart.

Extend arms loosely on line with shoulders, directly in front. Swing arms as far to right as possible. The left hand must lay relaxed on the right shoulder, while the right arm is raised, and the body is turned to the right as far as possible.

The arm must be relaxed from the elbow, the head turned so as to look at the hand. Take in a deep sniff and hold this position for a second.

Then with both hands swing around in a sweeping manner, forming a circle, as it were, so that the hands will touch the floor, if possible. Exhale forcibly as you swing down.

As you come up on the left side, inhale (long sniff.) Hold for a second, while the right hand is on the left shoulder, and the left hand is relaxed, and you are looking at it.

Repeat several times. This must be done slowly, with a rhythm; as the exercise must correspond with the breath. This will produce elasticity of the body and stimulate the internal organs.

## LUNG EXPANSION BREATH

### Lesson No. 6.

To give a greater capacity of Lung Expansion, in order to produce a greater volume of voice for speaking and singing, and filling out the chest.



The breath is (three long sniffs) **in in in out in**. Repeat. (— — — / —) Stand erect, with the arms relaxed on each side. Raise arms out straight, half way to the shoulders, then up to the shoulders, then up still higher.

Extend the hands in front of the body, to give balance. Clinch two first fingers; at the same time raise on your tip-toes. This has three breaths, one for each movement of the arms.

## THE THREE ATTITUDES OF PRAYER BREATH

### Lesson No. 7.

Postures that will stimulate every bodily muscle and gland, producing poise and grace.

The breath is **out in in in out in**. (/ — — — / —)

Stand erect. Take kneeling attitude, with right knee on the floor, with hands open and extended on each side. Head must bow and breath be exhaled, as you kneel.

Arise, stand erect, your feet 10 inches apart.

Raise hands as you breathe in, raise a little higher as you breathe in again.

Clasp hands slightly, and while exhaling bring hands on chest, Raise head as you "look up to Heaven," as it were, and extend arms with hands open, on each side, as in the beginning, taking in a deep breath, with a smile on the face.

## SPINAL BREATHING BREATH

### Lesson No. 8.

For the correction of spinal troubles, and the removal of all nervous tension. Teaching you how to stand correctly, and to develop a graceful walk.

The breath is **in in in out**. Repeat twice. (— — — /)

Stand erect, feet 10 inches apart.

Bend arms at elbow, with hands on shoulders. Turn body to right, swinging arms on level with shoulders.

Close hands and clinch, as though about to punch. At the same time breathe in.

Return hands, open, to shoulders.

Turn body to left, without moving the feet.

Swing arms, as you did, to the right; breathe in.

Again turn body to right, breathe in.

Then turn body to left in same manner, and breathe out.

This is a marvelous breath for the correction of spinal and kidney troubles.

## DORMANT WALKING BREATH

**Lesson No. 9.**

For the removal of all foot troubles, such as fallen arches, bunions, corns and cold feet.

The breath is **in in in out**. Repeat. (— — — /)

Bend knee of left foot. Walk on toes without touching heels on floor. Start with left foot.

As toes touch floor, push back the bent knee, and raise the body, so that the leg is straight.

Repeat with right foot and leg.

Inhale three breaths with the steps. Exhale forcibly on fourth step. Repeat.

Hold body erect, walk rapidly, swing arms freely. Should practice only the last thing at night, five minutes before retiring. This is also for headaches, nervousness, insomnia and constipation.

## REDUCING BREATH FOR LONG WAIST LINE

**Lesson No. 10.**

To reduce the surplus fat around the waist and abdomen, and vitalizing the liver and spleen giving you the long-waist lines and a youthful appearance.

The breath is **out in in in in out**. Repeat. (/ — — — — /) Stand erect, feet 10 inches apart.

Place open hands on hips, with thumbs to back.

Bend body from the small of the back, way down front, as far as possible. Exhale as you bend down.

As you raise the body, breathe in, coming up quickly.

Bend head backward as far as you can. Breathe in.

Bring head erect to normal position, chin down.

Turn body to right as far as possible, without removing hands from hips. Breathe in.

Then turn body to left as far as possible, as though looking behind you. Breathe in.

Then bring body erect, to the front; breathe in, if possible.

Hold breath for a second, then exhale.

This exercise is excellent for reducing the waist-line, removing the gas, for brightening the eyes, and toning up the whole system.



## THE CONSTIPATION BREATH

### Lesson No. 11.

Of humanity, 98% suffer from diseases which have their root-cause in constipation. This is the most important breath, that will correct constipation of even forty years' standing.

This breath is **in inin in in out**. Repeat. (— . . — — /)

Sit as close as you can to edge of chair.

Clinch right wrist with left hand (or **vice versa**) under the knees, and breathe in.

Put elbows on the knees, each hand with fist clinched, and breathe **inin** ( . . ).

Then cross arms below chest, right hand **over** left arm, left hand **under** right arm. Breathe in.

Bring hands up over the head, while still crossed, without losing their grip; breathe in, hold for a second, exhale.

The breaths should all be held, and therefore one should not practice this breath until they can take five breaths conveniently, without letting go or feeling discomfort.

If practiced seven times daily, 15 or 20 minutes after each meal, this breath will correct the most chronic cases of constipation, in from 1 to 2 weeks.

But remember that the purifying diet must be strictly adhered to for 2 or 3 weeks, so as to remove all the toxic waste material from the system, and to cleanse the blood stream.

Secure "Radiant Health" book, by the author, for further instruction.

## YOUTH BREATH

### Lesson No. 12.

This will correct all forms of trouble with the stomach, bowels and internal organs. It gives youth, gracefulness and rejuvenation. This breath enables you to remove fifteen years from your appearance in a few months.

This breath is **in inin out** twice (— . . /) Then **in inin in in out** four times (— . . — — /)

Stand erect, feet 10 inches apart.

Bring hands to front until they touch, raise them as high as the head without separating, until the back of the fingers touch, at the same time saying: "Breathing in life."

Then separate the hands, and while you make a complete circle of the hands at either side, bring your hands back to the starting place.

Take three steps, while counting 1, 2, 3; the steps corresponding with the count.

Repeat, this time raising hands as high as possible above the head, while you are speaking the words: "Breathing health, joy, youth, life."

Count 1, 2, 3 as you complete the circle, and bring hands to the starting point.

Repeat this four times, words corresponding to the steps, in perfect rhythm. Then repeat the whole exercise, while walking.

This exercise is for the correction of internal troubles. Without the exercise, it can be used as the walking breath. This breath corresponds with the words which are **in inin out** (— . . /) Repeat this once.

## BREATHS OF THE YOUTH BREATH

The **six steps** to the Youth Breath are:

1. Breathe **in inin out**. (Count) 1, 2, 3 (— . . /)
2. Breathe **in inin out**. (Count) 1, 2, 3 (— . . /)
3. Breathe **in inin in in out**. (Count) 1, 2, 3 (— . . —  
— /)
4. Breathe **in inin in in out**. (Count) 1, 2, 3 (— . . —  
— /)
5. Breathe **in inin in in out**. (Count) 1, 2, 3 (— . . —  
— /)
6. Breathe **in inin in in out**. (Count) 1, 2, 3 (— . . —  
— /)

There should be no straining in this exercise; simply sniff in quietly and gently from the solar plexus. **Do not hold your breath beyond period of inhaling**; expel forcibly at once and rest for three steps or more if so inclined after each exhalation.

There is a mental side also to the Youth Breath, which is vital to it; as it impresses the words on the subconscious mind, which gives back to you health, joy, youth and life.

### WORDS OF THE YOUTH BREATH

The **words** of the six steps are:

1. Breathing in life. (Count) 1, 2, 3.
2. Breathing in life. (Count) 1, 2, 3.
3. Breathing health, joy, youth, life. (Count) 1, 2, 3.
4. Breathing health, joy, youth, life. (Count) 1, 2, 3.
5. Breathing health, joy, youth, life, (Count) 1, 2, 3.
6. Breathing health, joy, youth, life. (Count) 1, 2, 3.

Then repeat from beginning.

Practice this breathing and exercise at home, with the words; but while walking on the street, the exercise should be omitted, and the breath should be practiced without the words.

This breath should not be practiced until one is able to take all of these breaths, and do it naturally and without strain.

### PHYSICAL RELAXATION EXERCISE

#### **Lesson No. 13.**

Stand erect, feet 10 inches apart.

Raise arms high above the head, and stretch the body as though very sleepy, then close the eyes and bend the body way down, so that it is "as limp as a rag."

Then swing body from right to left, from the small of the back, as on a pivot, in perfect relaxation, letting arms dangle from side to side by their own weight, without tension; at the same time slowly raising the body, while swinging the arms spiral-like, very slowly, until the body stands erect.

Then drop the head, so that chin touches chest.

This is one of the most marvelous exercises to relax the body from all tension or rigidity.

### VITALITY BREATH: TO VITALIZE THE WHOLE BODY

#### **Lesson No. 14.**

To stimulate the body, especially in cold weather. To ensure a perfect circulation and a renewal of vital energy, force and magnetic power.

Stand erect. Bend arms, with closed fists, against chest.

Swing hands forcibly in front, as though one was punching, while saying: "I am vitality."



Swing hands back to chest, swing out again while saying: "Energy."

Then swing arms in circle, with closed fists, hands crossing one another, three times, while saying: "Force."

And bring arms down on each side, with closed fists, while saying: "Power."

Then begin to trill with the tongue, at the same time slapping your body with your hands, up and down, all over.

This exercise is splendid if one feels negative or cold, to stir up the body, and bring the blood to the surface. It is a great vitalizing exercise.

### **SUGGESTION TO STUDENTS**

As circumstances permit, it would be of advantage to students to obtain class or private instruction in Solar Plexus Breathing; in order that correct breathing habits be secured, and the different breaths and exercises be practiced properly until they become automatic. Address all inquiries to President Radiant Health Clubs, P. O. Box 645 Station C, Los Angeles, California.

### **NECK EXERCISE**

The neck is one of the most important points of access to the entire body. Neck exercises are an important feature in correcting the action and function of many parts of the body; All connections passing from the head to the different parts of the body must pass through the neck. Food, air and vitality depend on this passage. Vital currents passing from the brain go through the neck on their way to the functioning and sustaining organism of the body. This exercise is one of the best in existence, to remove all congestion of the muscles and cords of the neck, and to vitalize the ductless glands. (With this neck exercise, it would be well to take the Yerba-vida Tea two or three times a day, as it also stimulates the glands.)

Sit erect, perfectly relaxed, with hands open on lap, palms up. Close the eyes and stop thinking, and let go all tension. Then drop the head way down, so that the chin touches the chest. Then rotate the neck very slowly, making as large a circle as you can, so that the head will touch the shoulder, and throwing the head back as far as you can. At the same time, you should count up to 40, from the time you begin to rotate the head.

If one should feel any soreness, it is an indication of



congestion, and it is all the more important that this exercise be taken at least three times a day, and three times each time, first to the right and then to the left.

This exercise is in preparation for the eye exercise which is to follow.

## **THE CREATIVE POWER OF SIGHT**

### **Eye Exercise**

Imperfect sight is caused, not by imperfect eyes, but by imperfect understanding. Treatment for the correction of eye trouble is a treatment for the clearing of the inner vision. If the darkness that blinds the inner perception be cleared away, the windows of the Soul will lose their cloudiness, their imperfect vision.

The eyes, then, can indeed be said to be the windows of the Soul (Mind) for through them the Soul receives light (Illumination.) Remember, however, that the eyes of themselves cannot see, the soul or mind within does the real seeing.

Thus you can understand that every individual has within himself the creative power of God: "as the Father hath life in Himself, so hath He given unto the Son of God to have life in himself."

Wisdom is the power by which it expresses. Love is the substance through which it unfolds its idea for expression. Power, substance, and intelligence are present as one creative principle in every individual at all times. One cannot desire a thing without having at hand the Power through which he may produce the realization. Once it is conceived, then

The Power which I am is unlimited,

The Intelligence which I am is unlimited, and

The Substance which I am is unlimited.

Why then, you say, am I limited? Because you have not yet awakened to the Truth of your Being. You have not perfectly conceived the true Spiritual perception of yourself. When you have this perfect Vision of yourself you will see that all began in God the Good. As you see this Good with the single eye, born of true Spiritual perception, you will have good sight for you will see the Truth. "And God saw all that He had made and behold it was very good." We must see as God sees if we would be as perfect as our Father which is in Heaven (Within) is perfect in order that our without (Body) may be as our within (Soul). Thus we see that the Perfect—I— which I am is three-fold in its nature. The I am first desires to express. It is the love for expression which becomes

the Substance through which the I am brings forth its expression. This is the Wisdom which gives the power for expression. It is the positive of Father principle of Being. Truth is the perfect idea, the offspring of Wisdom and Love. In studying the two diagrams given in class and private instruction, you will get a clear idea of the perfect unfoldment of the Mind. We see the I Am looking out into Expression with Wisdom (Far-sight) and love (Near-sight) in perfect balance, seeing only the Truth.

### **AFFIRMATION FOR THE HEALING OF THE EYES**

I declare that my eyes are now made strong and whole by the quickening, Vitalizing life of the Holy Spirit, now renewing every cell of my eyes.

Jesus Christ said "Blessed are your Eyes, for they see." I believe, I praise God, through Him I now receive my sight. Father, I thank Thee for my perfect vision.

### **EYE EXERCISES**

**For Correcting all Eye Troubles.** Teaching you how to have perfect sight without the aid of glasses, by following the famous Dr. Bates' treatment which has cured people of many years of blindness.

I. This Eye Exercise should follow after all the muscles of the neck have been relaxed. Take a comfortable position, and sit with both feet on the floor, with hands open, palms up. Look toward the ceiling as high as you can, and then down as far as possible, without moving the head, three times; then look to the right as far as possible, and to the left, without moving the head, three times; then look to the right diagonally up and down three times; then to the left diagonally. Then roll the eyes and see how large a circle you can make, starting to the right and making a complete circle, without stopping.

Then squeeze the eyes and gradually open them, until they are wide open. All of these exercises should be done three times. Then blink the eyes as rapidly as possible, and at the same time move the head, turning it in every direction, and looking up and down, so as to see everything moving.

### **EYE EXERCISE FOR GENERAL IMPROVEMENT**

II. Sit erect in a relaxed position, about three feet distant from a wall on which is pinned a newspaper. Look at the first line of the heaviest type letters, and squeeze the eyes firmly, and then gradually open them. Then look at the second largest letters, and repeat.



At the same time suggest to yourself the words: "I can see so much better." Continue to the third size letters: repeating the words: "My sight is improving, and I can see so much clearer." Continue down to the fourth size letters and fifth size, repeating the same words. Then return to the first size letters, and again go over the whole exercise, which should be repeated three times.

### **PALMING EXERCISE FOR THE DISSOLVING OF CATARACTS**

III. Sit in a comfortable position where the elbows can rest upon a table. Close your eyes and put one hand, open, inside of the other and over your eyes, so as to close out all light. There should be no tension whatever and no strain.

At the same time declare: "The cells of my eyes are now readjusting themselves, dissolving and removing every obstruction. My eyes are the windows of my soul. I see with the eyes of God, and I manifest perfect sight. Father, I thank Thee for my perfect sight, which is consciously growing clearer, stronger and better every moment." These words should be said at least seven times during this palming exercise every day.

This exercise will completely dissolve cataracts in the course of two or three weeks, if practiced seven times a day, for ten to fifteen minutes each time. But remember that the Purifying Diet should be taken for two or three weeks at the same time. For information regarding diet consult "Glorious Radiant Health," by the author.

### **GENERAL DIRECTIONS**

Try to see things moving all through the day. **Never** make an effort to focus. Let things come to you.

Do not make a task of the eye exercises. Make a game out of improving your vision.

Never let a feeling of strain continue. Stop and practice one of the methods of relaxation.

Looking far into the distance.—Raise the eyes as far as you can upward, then look downward as far as possible. Do this several times.

Still looking as above, turn your eyes as far to the right as possible, then to left, several times.

Rotate the eyes to the limit of motion in a circle several times.

**LEAVE OFF YOUR GLASSES ENTIRELY**, (and during eye exercises) as wearing glasses makes it impossible to improve the vision to any great extent.

## **LAWS FOR THE CARE OF THE BODY**

These laws are essential to Life and Health in the body. Health is the **"Normal state of being."**

### **I. THE LAW OF SUNLIGHT**

God said; **"Let there be light, and there was light."** These are the first recorded words of creative force—Light.

Sunlight is the strongest stimulant, the mightiest vitalizer in all nature. It is the agent of the Power that moves the world and all things therein. It is the great purifier, the destroyer of germs in air, water and earth. Keep in the sunlight as much as possible. Live in the great out-of-doors. Insist upon it. Someone has said: **"Find God in Nature, sermons in stones, books in running brooks, and (God) good in everything."**

### **II. THE LAW OF AIR**

Air is the most immediate necessity of life. Of all things in Nature, fresh air is imperative. Air is the spirit of Life in Nature.

Men have lived fifty-five days without food, and ten days without water; but no man can live ten minutes without air.

Live in the open as much as possible. Sleep in rooms well ventilated. Raise your windows before you retire at night.

### **III. THE LAW OF BREATHING FROM THE SOLAR PLEXUS**

All breathing should be done through the nostrils; the moist nasal passages take out the dust and germs, and the air is warmed and moistened before it reaches the vocal cords and the lungs.

The solar plexus is the organ of breathing. Breathe deeply. A full lung capacity is seldom obtained. Deep rhythmical breathing is inspirational and spiritual. Air and breathing provide not only life and health, but inspire the Superconscious Mind. The seat of the Superconscious Mind is the heart, lungs and solar plexus.

### **THE ELIXIR OF LIFE**

When we eat or breathe, we partake of two kinds of food, those of the earth and air, and those of the ether or heavenly kind. If this mortal body is to put on immortality, then it is absolutely necessary for us to learn how to breathe properly, as well as how to eat properly. When the Spirit



essence of the air which is the ether of space, passes into the physical body, it enters through the breath. Thus by the breath we can become polarized to the Spiritual and Eternal or to the material and temporal. For Breath is Life, and right breathing links us up to the cosmic ether of space.

There is One great Universal Breath, but two aspects of it. First there is the One Universal energy filling all space which the scientist calls the Ether, often called the Prana. The conclusion of the Scientists of America as given in the Century Magazine of 1928 is that "there exists an unseen essence sometimes called the ether which pervades and fills all space."

"This essence is not a dead thing, but changes which are not understood take place in it. Further, that ether is **Alive**. It is the substance of Life and breathing. Hence as we now gaze in the light of scientific research upon the supposed world of matter, **it lives**. That which we had believed to be largely inert we see pulsating and throbbing with terrific energy. The unseen world from which this energy is developed which is the World of Reality, is the fundamental underlying basis of the World we thought we knew." There we have definite evidence of the existence of a Universe of Life essence, in which we live and move, and from which we draw the higher energy of the One Universal Life by conscious breathing.

Then there is also the atmosphere around the earth which is a lower form of the same universal substance. The great secret of rejuvenation, from the breathing standpoint, is to know how to make definite contact with this omnipresent Life energy, and this is done by a right understanding of solar plexus breathing.

Suffice to say that the atmospheric air is the elixir of life to the physical body, while the pranic ether is the Elixir of Life to the higher or soul body. When we connect up with the higher atmosphere of Spirit by Faith, right thinking and aspiration, we verily partake of the cosmic energy which, according to the scientists, is **Alive**, and indeed is Life substance itself. We determine and will to breathe the breath of God; and by so doing not only have life but, as promised by the Master Jesus Christ, we have the more abundant Life.

We all have life but how few have the more abundant Life. That depends entirely on our own state of consciousness and thinking. It all depends upon our Faith, and our sincerity and the desire we have to build into our physical bodies the very life and intelligence of our Father-Mother God, who

giveth to us all things. "For all things are yours, life or death, things present and things to come." Why not **claim** our heritage here now, viz: the joy of youth, the strength of the Lord, and the key and secret of rejuvenation?

Unto you shall be given to know the Truth, declared the greatest world teacher of Life, and that Truth shall make you **free**. Think of that. Freedom from poverty, sickness, disease, age, death itself. Glorious freedom from bondage of the past and Life Eternal gained Now: Believest thou this? I DO! for by the grace of the Spirit my life testifies to the Truth of God's Spirit being able to accomplish all these things. To Him be the Glory!

If further evidences of these Truths were required they are to be found in the many books dealing with these eternal principles. I will just quote from one called "The Wayfarer." This is claimed to be a teaching given by a man of whom it is said he has actually demonstrated the Eternal Life here and Now, and is able to go in and out of his body at will. Here is the conclusion of his book, published in England. "Listen to the clarion call sent out all along the line that Christ lives, and lives forever, and that Man lives and lives forever in God. Let that perfect example be the standard of living here upon the earth. Learn to live aright in this life, and there will be no need to worry about the after life. Learn what it means to breathe to the full that Life Force all around you, filling every part of your wonderful Being with the Life energy which is free to all. Fill up those ill-used lungs to their utmost capacity, with head back and spine erect, eyes lifted to the blue vault as very Sons of God."

Recognize and take your birthright! Yes! lift up your eyes from the ground. Lift up your eyes to the Hills from whence cometh thy help. Break forth into Song of thanksgiving to your great loving Father because you are beginning to Live the abundant Life. Take the first step forward towards that perfect state from which you started; because you are determined to rise and return to your Father's house and claim your inheritance, determined to let go the shadow and grasp the substance.

Learn then to live. Learn to recharge those exhausted cells: re-awaken your sleeping senses. Rekindle the illuminating rays of that wonderful sun, the Light divine that is within you lighting up with its brilliance every chamber of that



Wonderful Temple, the Holy Tabernacle. Learn to eat aright of the abundance of food that Nature supplies. Learn to know your true self.

"Learn that there is nothing outside of your real Self better worth knowing in the Universe; because God is within you, therefore you are a part of Him. Man, perfect Man, is beautiful. Man is sublime, for every form of Power found in Nature is represented in Man." These are the words of the Master. Let us believe them. Do we really believe the Truth of these words, that verily we can renew our bodies, rebuild our physical, mental and psychic bodies till they become the very Temple of God Himself; and God by His Holy Presence descends and fills every cell, nerve, muscle and organ of our entire being?

Let us call up our Faith, our courage, our aspiration, and let us register our determination Now that from henceforth day by day we will die to the lesser self, so that we may live to the eternal and Divine. Along this way lies freedom forever from the bondage of the past, and deliverance from the weary round of life.

Let us awake, for the Dawn of Life is here. Eternal Life with all its freedom and joy, its song and blessings are yours Now. "Claim your heritage, and press your claim." Be not afraid! go forward in strength, and lo! the heavens shall be opened unto you and ye shall see and know the Truth of your Being in Spirit.





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